



LOCAL FOOD OLYMPICS

Corn, Tomato & Avocado Salad

Contributed by Maureen Broderick

Ingredients

Salad

4 ears of corn, kernels removed (either raw or cooked, based on preference)
1 pint cherry or grape tomatoes, halved
4 scallions, chopped
4 oz feta cheese, diced
1 or 2 avocados, diced
Salt and pepper

Cilantro-Lime Dressing

1 small bunch cilantro, leaves and small stems
1 seeded chopped jalapeno
Zest and juice from 1 lime
1 tablespoon honey
1 tablespoon grated ginger
1 small garlic clove, diced
Salt and pepper
 $\frac{3}{4}$ cup oil, olive or canola

Instructions

Dressing: Chop all ingredients in a food processor and then add oil through the tube until combined. Taste and adjust as desired. Hint: may need a small amount of rice wine vinegar to balance flavor.

Salad: Combine first four ingredients and about half the dressing. This can be done in advance. When ready to serve, add the avocado and taste for salt, pepper and additional dressing if needed.